简体中文

恢复内核

调酒师伙伴手册

25 □□□□□□□□□□□□□□□□

风格化本地化样张

每一家酒吧都会接待不喝酒、不适合喝酒，或不想解释原因的人。这本指南为他们提供看起来体面、口感成熟、并且适合普通吧台操作的饮品。

色彩保留原稿的温度，同时为该地区采用更克制的出版级配色。

本地化调整	公制酒吧单位（ml）
菜单语气	克制、成熟、直接
配色	#B22222 / #C9A227

为什么会有这本指南

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快速参考 - 样张节选

饮品	类型	机制
The Warrior	COMT Val/Val — Warrior	多巴胺清除过快 · 基线奖励偏低 · 更容易寻求刺激
The Sparky	COMT Val/Val — Warrior	多巴胺见底 · 追求新奇 · 刺激不足
Shock Rock	COMT Val/Val — Warrior	多巴胺受体密度 · RDS 画像 · 需要更强刺激
Mission Fuel	COMT Val/Val — Warrior	补充多巴胺前体 · 持续专注 · 不崩盘

本次样张覆盖封面语言、快速参考表，以及一张完整配方卡，同时尽量保留原稿的结构与温度。

01. The Warrior

强度高。奖励感真实。不崩掉。

COMT Val/Val - Warrior | □□□□□□□ - □□□□□□ - □□□□□□□

杯型	海波杯
冰量	满杯冰
配料	• 酸樱桃汁 60 ml • 绿茶 30 ml (冷萃或放凉) • 新鲜青柠汁 22.5 ml • 蜂蜜糖浆 15 ml • 安格仕苦精 2 dash • 加满苏打水
做法	在冰上直接构建。加入樱桃、茶、青柠、蜂蜜和苦精。加满苏打水后轻搅一次。
装饰	青柠轮片和糖渍樱桃
作用逻辑	酸樱桃提供褪黑素前体和花青素，有助于缓冲氧化压力。绿茶提供 L-茶氨酸，带来平静而清醒的专注感，不会过度镇静。苦精刺激苦味受体，也可能帮助消化和吸收。
服务说明	保留 ml 配方，并在正式出版前确认当地对 bitters 的称呼与采购习惯。
用药提示	西柚提示：含西柚的饮品可能影响某些药物代谢。面向长期服药客人时，应保留清晰可见的提示。

扩展速查 — 全部 25 款饮品

这一版在保留封面、本地化风格和 The Warrior 详细配方页的基础上，把样本扩展成更完整的酒吧参考册。

饮品	类型	机制
The Warrior	COMT Val/Val — Warrior	多巴胺清除过快 · 基线奖励偏低 · 更容易寻求刺激
The Sparky	COMT Val/Val — Warrior	多巴胺见底 · 追求新奇 · 刺激不足
Shock Rock	COMT Val/Val — Warrior	多巴胺受体密度 · RDS 画像 · 需要更强刺激
Mission Fuel	COMT Val/Val — Warrior	补充多巴胺前体 · 持续专注 · 不崩盘
The Architect	COMT Met/Met — Worrier	多巴胺清除较慢 · 焦虑累积 · 过度刺激
The Sage	COMT Met/Met — Worrier	GABA 支持 · 甲基化 · 清除压力化学物
The Still	COMT Met/Met — Worrier	皮质醇调节 · HPA 轴支持 · 睡眠结构
The Folate	MTHFR 变体 — Depleted	甲基化瓶颈 · 神经递质供应不足 · 同型半胱氨酸累积
The Methyl	MTHFR 变体	SAMe 前体 · B 族维生素支持 · 神经递质合成
The B Complex	MTHFR 变体	B 族维生素辅因子 · 血清素与多巴胺合成 · 能量代谢
The Algorithm	奖赏缺乏综合征	D2 受体密度 · 多巴胺基线 · 快感缺失
The Dopamine	RDS	补充多巴胺前体 · 酪氨酸可用性 · 奖赏回路支持
Norm	RDS	强直性多巴胺 · 动机基线 · 快感缺失管理
The Serotonin	血清素不足	色氨酸可用性 · 血清素前体补充 · 情绪底盘
The Ground	惊恐状态	HPA 轴调节 · GABA 支持 · 降低皮质醇
The Metabolizer	CYP2D6 低代谢型	解毒支持 · 降低肝脏负担 · 管理敏感性
The Burner	CYP2D6 超快代谢型	持续信号 · 抗耐受支持 · 受体敏感性
The Garden	肠脑轴	微生物组支持 · 肠源性血清素 · 降低炎症
The Patch	物质使用后的肠道损伤	肠道完整性 · 营养吸收 · 炎症负荷
The Restoration	睡眠结构紊乱	褪黑素前体 · GABA 支持 · 夜间降低 HPA 轴
The Downshift	高皮质醇	肾上腺恢复 · 清除皮质醇 · 管理多巴胺反弹
The Civilian	社交环境适应	催产素支持 · 社交舒适感 · 苯乙胺（社会联结）
Alexa	社交焦虑	血清素可用性 · 社交更轻松 · 社交负荷下的压力反应
Siri	催产素支持	社会联结 · 催产素通路 · 戒断后的孤立
The Protocol	综合型	全谱支持 · MTHFR + COMT + 肠道 + 睡眠 + 社交

[illegible]本已[illegible]速查[illegible]译为[illegible]言，[illegible]份指[illegible]使用[illegible]

深绿。深静。不必逞强。

COMT Met/Met — Worrier | GABA 支持 · 甲基化 · 清除压力化学物

当焦虑像是穿透了地板。

惊恐状态 | HPA 轴调节 · GABA 支持 · 降低皮质醇

最后一杯。也是最好的一杯。

睡眠结构紊乱 | 褪黑素前体 · GABA 支持 · 夜间降低 HPA 轴

Added recipe pages

Pass 10

05. The Architect

Calm the Signal. Clear the Queue.

PROFILE COMT Met/Met — Worrier	**TARGETS** Slow dopamine clearance · Anxiety accumulation · Overstimulation
GLASS: Rocks glass	ICE: Large cube

INGREDIENTS

- 2 oz strong cold green tea
- ¾ oz fresh lemon juice
- ½ oz honey syrup
- 2 dashes Peychaud's bitters
- Top with soda water
- Cucumber slice muddled

METHOD

Muddle cucumber. Add tea, lemon, honey, bitters over ice. Top soda water. Do not shake — stir only.

GARNISH: Cucumber ribbon + lemon wheel

HOW IT WORKS

Green tea is the primary L-theanine delivery vehicle at a bar — L-theanine increases alpha brain wave activity, directly counteracting the stress-chemical accumulation of the Worrier profile. Cucumber contributes a cooling, low-stimulation frame, and the deliberate stir-not-shake method keeps the whole build gentle.

BARTENDER'S NOTE

The deliberate low-stimulation preparation is part of the experience. No shaker, no drama. This drink is built to feel like everything is already fine.

07. The Still

When the World Is Too Loud.

PROFILE COMT Met/Met — Worrier · Anxiety profile	**TARGETS** Cortisol regulation · HPA axis support · Sleep architecture
GLASS: Lowball / rocks	ICE: Single large cube

INGREDIENTS

- 2 oz tart cherry juice

METHOD

Stir all over large cube. Add tiny soda splash last.

- 1 oz chamomile tea (cooled, strong)
- ½ oz honey
- 3 dashes Angostura bitters
- Splash soda water

Do not shake.

GARNISH: Dried rosemary sprig pressed to glass

HOW IT WORKS

Tart cherry juice provides melatonin precursors, while chamomile brings apigenin, a flavonoid associated with gentle calming support. Angostura bitters add a bitter backbone that keeps the drink from reading as juice and supports the slow, evening feel of the build.

BARTENDER'S NOTE

This is a slow-sipping drink. Pour it without rush. The rosemary garnish is pressed, not floated — the aromatic is part of the experience, not decoration.

18. The Garden

Heal the Belly. The Mind Will Follow.

PROFILE Gut-brain axis · Post-substance gut damage · Serotonin production site

TARGETS Microbiome support · Gut-derived serotonin · Inflammation reduction

GLASS: Highball

ICE: Full ice

INGREDIENTS

- 3 oz ginger beer (high-quality, live culture)
- 1 oz pineapple juice
- ¾ oz lime juice
- ½ oz honey
- 4 fresh mint leaves
- Top with soda water

METHOD

Muddle mint lightly. Build pineapple, lime, honey over ice. Top ginger beer, then soda water.

GARNISH: Mint sprig + crystallized ginger if available

HOW IT WORKS

Real ginger beer and mint give this page its identity: a bright, digestive profile with cooling lift. Pineapple and honey round the drink and help it feel like a real menu item rather than a wellness shot. It reads social, but the structure is built around gut-first support.

BARTENDER'S NOTE

Quality ginger beer matters here — look for bottles with real ginger character, not flat ginger flavoring. The drink should taste alive.

杯型	柯林杯
冰量	加满冰
配料	• 60 ml 鲜榨苹果汁 • 22.5 ml 新鲜青柠汁 • 4 新鲜薄荷叶 • 15 ml 龙舌兰糖浆 • 2 dashes 芹菜苦精 • 加满姜汁汽水
做法	轻轻压一下薄荷。加冰后依次加入苹果汁、青柠汁、龙舌兰糖浆和苦精，再加满姜汁汽水并轻轻搅拌。
装饰	新鲜薄荷枝和苹果扇片
作用逻辑	GABA 支持 · 甲基化 · 清除压力化学物
服务说明	保留 ml 配方，并在正式出版前确认当地对 bitters 的称呼与采购习惯。
用药提示	此配方不涉及葡萄柚与药物的特别提示。

15. The Ground

杯型	古典杯 / 岩石杯
冰量	一块大冰
配料	• 60 ml 冷却浓洋甘菊茶 • 30 ml 苹果汁 • 22.5 ml 柠檬汁 • 15 ml 蜂蜜 • 3 dashes 佩绍苦精 • 少许海盐
做法	所有材料在一块大冰上搅拌。不要摇和。立即上桌。
装饰	杯沿压上干薰衣草（如有）或仅用柠檬皮扭
作用逻辑	HPA 轴调节 · GABA 支持 · 降低皮质醇

服务说明	保留 ml 配方，并在正式出版前确认当地对 bitters 的称呼与采购习惯。
用药提示	此配方不涉及葡萄柚与药物的特别提示。

20. The Restoration

杯型	浅口鸡尾酒杯或古典杯
冰量	一块冰；若热饮则不加冰
配料	• 90 ml 无糖酸樱桃汁 • 30 ml 浓洋甘菊茶（已冷却） • 15 ml 蜂蜜 • 2 dashes 安格仕苦精 • 热饮版本：做成热托迪风格，不放樱桃，并额外加一点蜂蜜
做法	在一块冰上搅拌，或于杯中加热。不要摇和。
装饰	可用干洋甘菊花，或柠檬圆片
作用逻辑	褪黑素前体 · GABA 支持 · 夜间降低 HPA 轴
服务说明	保留 ml 配方，并在正式出版前确认当地对 bitters 的称呼与采购习惯。
用药提示	此配方不涉及葡萄柚与药物的特别提示。

THE RECOVERY KERNEL

Bartender’s Friend

新增配方页

第 11 版 · ZH-Hans

Companion booklet for the next three recipe builds.

19. The Patch

The Gut-Brain Patch. Applied Orally.

Post-substance gut damage · MTHFR variant · Malabsorption | Intestinal integrity · Nutrient absorption · Inflammation load

□□	Rocks
□□	Full ice
□□	• 60 ml fresh ginger juice or strong ginger syrup • 30 ml lemon juice • 30 ml apple juice • 15 ml honey • 3 dashes Angostura bitters • Top with soda water
□□	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
□□	Crystallized ginger on pick + lemon wheel

□□□□

Gingerols and shogaols in real ginger directly stimulate digestive motility and reduce intestinal inflammation through COX-2 inhibition — the same pathway targeted by ibuprofen, but without GI damage. Apple juice provides pectin, a prebiotic fiber that selectively feeds Lactobacillus and Bifidobacterium strains. Angostura bitters' bitter compounds stimulate gastric acid and bile production, improving breakdown and absorption of the very nutrients the recovering brain needs.

□□□□

This is the advanced ginger shot for people who want the gut support without the full garden. It's sharp, spicy, and self-evidently medicinal. Own it.

□ The gut lining after years of heavy use looks like a clear-cut forest. Gingerols are the ground cover that comes back first. Pectin is the reforestation project.

21. The Downshift

Decelerate. Not Crash. There's a Difference.

Cortisol high · Post-stim state · Stimulant recovery | Adrenal recovery · Cortisol clearance · Dopamine rebound management

□□	Highball
□□	Full ice
□□	• 60 ml cold chamomile or lavender tea • 30 ml coconut water • 22 ml fresh lemon • 15 ml honey • Splash of soda water • Fresh rosemary sprig
□□	Lightly bruise rosemary. Build over ice: tea, coconut water, lemon, honey. Splash soda. Rosemary garnish.
□□	Rosemary sprig + lemon twist

□□□□

Coconut water is the best natural electrolyte replacement available at a bar — sodium, potassium, and magnesium in bioavailable ratios. Electrolyte depletion is universal after high-cortisol periods and is one of the primary drivers of the post-stimulant crash. Rosemary contains rosmarinic acid (GABA-adjacent) and carnosic acid, a potent neuroprotective antioxidant that specifically protects dopamine neurons from the oxidative stress of the rebound period.

□□□□

The rosemary is structural here, not just visual. Bruise the sprig so the oils release into the drink. The rosemary aroma also activates the olfactory-memory pathway — grounding and orienting.

□ The stimulant crash is not about the substance leaving. It's about the oxidative damage to dopamine neurons in its wake. Carnosic acid in the rosemary is there specifically for that.

22. The Civilian

Looks Like a Drink. Is a Drink. That's All Anyone Needs to Know.

Social environment navigation · Sober social pressure management | Oxytocin support · Social comfort · Phenylethylamine (social bonding)

□□	Rocks or coupe — your call
□□	Your preference
□□	• 60 ml cranberry juice • 30 ml orange juice • 22 ml lime juice • 15 ml simple syrup • Top with soda water • Orange bitters 2 dashes
□□	Build over ice or shake and strain. Either works. Serve how you like it.
□□	Orange wheel or nothing — fully optional

□□□□

The Civilian is designed to look exactly like a cocktail in any social setting. The cranberry-orange-lime combination is indistinguishable from a cosmopolitan-adjacent drink. The psychological support for sober social navigation comes from the confidence of holding something that requires no explanation. Orange bitters' gentle bittering element also stimulates the bitter taste receptors that activate parasympathetic (calm) nervous system tone, reducing social anxiety.

□□□□

Serve this like you'd serve any drink. No commentary, no health explanation. The guest ordered a Civilian. You made them a Civilian. That's the transaction.

□ The most powerful thing about the Civilian is the conversation it doesn't require. Sometimes the protocol is social camouflage. The nervous system recovers in peace.

Supplement Continuation

Alexa · Siri · The Protocol

THE RECOVERY KERNEL

Bartender’s Friend

□□□□□

□ 11 □ · ZH-Hans

Companion booklet for the next three recipe builds.

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□□	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
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THE RECOVERY KERNEL

Bartender’s Friend

新增配方页面

Pass 12 · ZH-Hans

下一组三页配方页的配套小册。

Alexa

□□□□□□□□□□

类型 Social anxiety · Serotonin transport variant · SLC6A4　　目标 Serotonin availability · Social ease · Stress-reactivity under social load

杯型: Highball　　冰: Full ice

配料:

- 60 mL blue butterfly pea tea (or substitute with blueberry juice)
- 30 mL lemon juice
- 15 mL honey syrup
- 2 dashes lavender bitters (or Peychaud’s)
- Top with tonic water

做法: Build over ice. Tea (it turns purple with lemon), honey, bitters. Top tonic. Watch the color shift.

装饰: Lemon wheel + edible flower if available

作用机制

Blue butterfly pea tea (or blueberry juice) provides anthocyanins that cross the blood-brain barrier and activate the BDNF pathway — brain-derived neurotrophic factor, the compound that supports neuroplasticity and the formation of new behavioral patterns. The color shift from blue to purple when lemon juice is added is a pH reaction — visually interesting, conversation-generating, and entirely appropriate for the social anxiety profile that needs an ice-breaker built into the drink itself.

酒吧备注

If the bar has butterfly pea tea (many craft bars do), the color shift is genuinely magical and a guaranteed conversation piece. If not, blueberry juice works and is equally functional.

□ BDNF is how the brain builds new roads. Anthocyanins are the road-building crews. The person ordered Alexa because they want the new roads. Give them the ingredients.

Siri

□□□□□□□□□□□□□□

类型 Oxytocin support · Post-isolation social re-entry　目标 Social bonding · Oxytocin pathway · Post-withdrawal isolation

杯型: Coupe　冰: Up — chilled coupe

配料:

- 60 mL fresh watermelon juice (or pomegranate if out of season)
- 22 mL lime juice
- 15 mL honey
- 2 dashes Peychaud’s bitters
- Splash of grapefruit juice
- Shake hard

做法: Shake all with ice. Double strain into chilled coupe. Serve up.

装饰: Dehydrated lime wheel + expressed grapefruit peel

作用机制

Watermelon contains L-citrulline, an amino acid that converts to L-arginine in the kidney, which then supports nitric oxide production — a signaling molecule that facilitates social bonding pathways and oxytocin release. Pomegranate (off-season substitute) provides punicalagins which have documented effects on cortisol reduction in social stressor studies. The elegant coupe presentation supports the social function of the drink: this is for the person re-entering the social world after isolation.

酒吧备注

This is the most beautiful drink on the list. The deep pink-red color in a chilled coupe. Serve it with the confidence of a cocktail you're proud of. Because you are.

□ The Isolation Algorithm (Protocol 16, Protocol 25) is about rebuilding the social neural pathways that went dark. L-citrulline is a tiny biological nudge in that same direction. The beautiful glass is the rest of the protocol.

The Protocol

□□□□□□□□□□□□□□□

类型 Comprehensive · Daily maintenance · All profiles　目标 Full-spectrum support · MTHFR + COMT + Gut + Sleep + Social

杯型: Your best glass　冰: Your preference

配料:

- 60 mL pomegranate juice
- 30 mL green tea (cold brew)
- 22 mL lemon juice
- 15 mL honey
- 2 dashes Angostura bitters
- Splash ginger beer
- Top with soda water

做法: Build over ice. Pomegranate, tea, lemon, honey, bitters. Ginger beer splash. Top soda. Stir once. Garnish with everything you have.

装饰: Lemon wheel + mint sprig + pomegranate seeds if available

作用机制

The Protocol contains the broadest functional spectrum of any drink in this guide. Pomegranate delivers folate (methylation), resveratrol (COMT modulation), and punicalagins (cortisol reduction). Green tea delivers L-theanine (alpha-wave calm), EGCG (neuroprotective antioxidant), and catechins (gut microbiome support). Lemon delivers Vitamin C (dopamine synthesis cofactor). Honey delivers prebiotic oligosaccharides and quercetin. Bitters deliver gentian (adrenal modulation). Ginger beer delivers gingerols (gut integrity and anti-inflammation). This is the Recovery Kernel in beverage form.

酒吧备注

This is the house recommendation when someone doesn't know what they want and isn't looking for an explanation. 'We have something that covers everything — it's called The Protocol.' Then make it like you mean it.

□ Every protocol in the main book has a biochemical target. This drink hits more of them than any other combination available at a standard bar. It's the daily maintenance stack. It's good. Order it twice.